

AVP SYDNEY BASIC WORKSHOP APRIL 2015

Draft as at Fri 24 April

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Date(s): Sat 18 – Sat 25 April 2015
Venue: STARTTS Training Room, Auburn
Times: Sat & Sun 8:30am - 6:30pm
Facilitators: Katherine, Ken, Shanaz, Subadra
Support Person: Malcolm, Sanjee
Report by Katherine

ISSUES FOR CONSIDERATION BY TEAM

1. Workshop Summary

- Special Basic for the Sri Lankan Reconciliation Community with a mixture of peoples (Singhalese & Tamil) and faiths – with two Sri Lankan facilitators. Many young educated young men who want reconciliation, nonviolence and cohesion for the Sydney Sri Lankan Community
- The group decided AVP or Peace Leadership is a productive way of developing social cohesion, tolerance and nonviolence in their community in Sydney. More Peace Leadership workshops are planned
- The split workshop over two adjoining Saturdays was popular with both participants and facilitators
- Participants requested more handouts about techniques for them to read and practice techniques, shorter breaks and some Sri Lankan specific material. Facilitators need to be mindful of length of breaks, more handouts could be provided after each day, and there seems a need for Sri Lankan facilitators to facilitate their own sessions on specific reconciliation issues
- Workshop evaluation 100% rated the workshop excellent and 87% rated the content, process and facilitation excellent (see report after the agenda)

2 Recommendations for AVP(NSW) Council ---

- Workshops for specific migrant communities in Sydney can assist them build social cohesion, tolerance and nonviolence
- Split workshops with two adjoining Saturdays was popular with both participants and facilitators, maybe one or two handouts could be given for 'homework' after the first day

2. Facilitation Ideas

- Did a drawing of peace before Imagining and ideal Sydney Sri Lankan Community
- Summarised building blocks progression in last session
- Did Unanswered Questions

4 Facilitation Ideas from the previous workshop

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Day 1 - Session 1 Affirmation & Community Building

1. Sh Welcome & Introductions
2. Ke Pipecleaners
3. Ka Connection My name & an activity I enjoy is
3. Ke Agenda (with Building Blocks)
4. Su Positive Names
5. What is this Workshop - history K, philosophy M, journey Su, housekeeping Sh
6. Sh Lift Big Wind Blows
7. Ke Safety Circle
8. K Face 2 Face or Affirmation Pairs
- ~~9. Sh Let's Build~~
10. Su Reflection
11. Sh/Ke U Choose!!!!
12. Ke Closing: Something I bring to this workshop + Pyramid

Session 2 Affirmation & Communication

1. Sh Welcome Back! & Clapping
2. Ke Connection: A place I like to be
Very good gathering for a migrant group
3. Su Agenda
4. Sh/Ke Let's Build
5. Ka Lift: Pattern Ball
6. Sh/Ke Puzzling
7. Su Concentric Circles
8. Reflection
9. Closing: Energy Hands

Session 3 Communication & Community Building

1. Su Welcome again!
2. Su Connection: My name & why I was given my name
3. Su Agenda
4. Ke Violence Nonviolence Trees
5. K Lift: Here I Sit
6. Sh Back to Back Drawing
7. Su A Problem I Solved Nonviolently
8. Sh/Ke Keys To Transforming Power
Stories were strong and focused on being Sri Lankan

Session 4 Communication & Cooperation

1. Su Welcome Back!
2. Su Agenda
3. Ke Inside Outside
4. Ka Lift: It's Not Easy Being Green
5. K Underlying Anger
6. Ke Reflection Continuum

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7. Sh Closing: Stand by your Key
- 8 Ke Closing: Koala Hug

Day 2 Session 5

1. Su Morning Stretch
2. Su Agenda
- 3Ka Connection: My name & how I deal with anger and how I used my key in the last week
4. Su Transforming Power Pictures
5. Sh Transforming Power Queries
- 6K Lift: Satellites
- ~~7. Ke Drawing of Peace~~

Session 6

1. Su Welcome again! & 1-10
2. Su Connection: My name & a relationship I would like to heal
3. Su Agenda
4. Ka Green and Red
- 5 Ke Lift: Wha'cha Doin'
- 6 Ke Conflict Scenarios
Brainstorm of possible conflict scenarios for the role plays
- 7 SS Theatre Groups
7. SS Role Play Preparation
8. SS Role Play 1 - debrief & derole
- ~~9 Ke Lift: Tenants & Houses~~
- ~~SS Role Play 2 - debrief and derole~~
- ~~10 Ke Lift: Jail Break~~
- ~~11. Ke Reflection~~
- ~~12. K Closing: The Machine~~

Session 7

1. Su Welcome again
2. Su Connection: My name & a gift my culture gives me
3. Su Agenda
- 4 SS Role Play 2 debrief and derole
- 5 Ke Lift: Jail Break
6. Ke Alternatives to Violence Tree (Peace Tree)
7. Ke The Drawing of Peace
Each person drew what peace was for them, shared with partner, put on floor & all walked around
8. Sh/Su Imagine a Community
2 groups draw an ideal Sydney Sri Lankan community, with the mandala, keys and peace drawings in the centre of the circle
- ~~9 Reflection~~
- ~~10 Closing~~

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Last Session

1. Ke Welcome – 1-10 & My name & my emotional weather forecast
 3. Agenda
 4. Ke Building Blocks and Unanswered Questions
Went through the building blocks again, recapping how the workshop had unfolded with the building blocks from the building blocks poster. No unanswered questions, however invitation to ask questions & the group discussed where to from here with the Sydney Sri Lankan community
 - 5 Ka Workshop Evaluation & Contact Forms
 6. Ka Where to from Here?
 5. Ungathering
 7. Su Graduation
 8. Sh Web
 9. Su Closing: Sri Lankan Squeeze
- COMMUNITY CLEAN UP

WORKSHOP FEEDBACK

Overall - 11 excellent

Content - 9 excellent, 2 very good

Process – 9 excellent, 2 very good

Facilitation – 9 excellent, 1 very good, 1 OK

(Ranking 1=excellent, 2=good, 3=OK, 4=unsatisfactory, 5=poor)

SUGGESTIONS

- Maybe more time for drawing activities. Would love copies as daily reminders
- Keep us posted please
- Maybe to make copies of the work we did in the workshop to take home. Don't need such long breaks and perhaps not as many
- Overall the workshop was great. Maybe just improving little aspects of each activity example time, communication etc.
- Just keep doing what you are doing. Give some material at the end of first day to help reflect what we have done/ the people have done in that day
- It was good to have the 2xSaturday pattern – keep it that way
- Shorter lunch breaks?
- At times not understanding why we do certain activities eg. Energy Hands, just explaining purpose? Handouts of content? Time to hear more individual stories, concentric circles, quick summary of outcomes at the beginning
- Talk more about root causes
- Explain at the start that everything will come together at the end
- Spend more time talking about solutions to apply to Sri Lankan community
- Keep lunch to 45 mins. – perhaps supplement with another break

HIGHLIGHT

- The Violence/Nonviolence Trees
- Express myself about any topic

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- Learning the communication techniques. Understanding listening and tapping into connecting emotion
- The fun game-like activities
- Definitely the games we played helped us to bond easily
- Knowledge that we can be trained to train others
- Transforming Power mandala; lifts, affirmation, community building activities; role play
- Meeting people from some 'CALD' background and reflection
- Some of the activities & just the process of hearing other people's stories and perceptions
- Meeting like-minded people
- Roots, fruit – Violence/Nonviolence Trees

WHAT CHANGED YOU INSIDE

- Approach to Conflict
- Being able to exchange ideas because there was no judgement. Learned so much about look at the big issue
- Communication wasn't just buzz words but real practical outcomes and goals
- The deep questions got me thinking really deeply about myself
- People's inside and how they dealt with various issues. The reason is because it allowed me to realise there are other ways to overcome issue/issues
- Focussed purpose to strategies in nurturing reconciliation among Sri Lankan peoples
- Self-reflection & learning more about the way I react in conflict – visualising how I can change, listening to other people's stories
- Highlighted need for social cohesion, to be proactive rather than just reactive
- It broadened my horizon of thought and perspective, having the opportunity to listen to others
- Tools to deal with conflict situations
- Violence/Nonviolence Trees

WHAT CHANGED HOW YOU DEAL WITH VIOLENCE

- Entire approach towards the issue
- Most definitely by way of a nonviolent way
- Think before reacting, following the mandala
- I will learn to work together for a nonviolent response to violence. Most of all respect myself
- The workshop helped me to realise there are better ways to deal with violence than just showing/expressing raw emotions
- Think before acting
- Recognising that I have the power to influence structures, including ways to deal with conflict in my life. Exploring reasons for violence, understanding outcomes, and identifying how to change these into positives
- Being mindful to react in "Green"
- It will help me think before reacting, & help deal with power situations more effectively

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- We will try to use the tools provided
- Use techniques “red and green” for example

LEAST HELPFUL

- Nothing, every aspect was helpful
- Can't think of anything
- Probably this evaluation sheet. Multiple choice evaluation would make it more convenient
- The Triangle Game
- Nothing really – learnt something from every activity. It is helpful
- Some of the presumptions about religion
- The Violence/Nonviolence Tree

FACILITATION

- It was great
- Excellent
- Powerful and innovative
- No it was good
- The facilitation was great. I felt comfortable and enjoyed the 2 days of the workshop
- Facilitators who listened to, heard and supported 12 people with different, same, overlapping ideas. Excellent, thank you
- Good debriefs – very useful
- Appreciated the diversity of the leaders
- Excellent
- Excellent!
- Great energy, very thankful

COMMENTS

- Excellent
- Keep up the good work
- Absolutely perfect
- Thank you so much
- It was good
- It was very well supported with resource people and presentation so, no (suggestions)
- Thank you for an uplifting 2xdays
- Thank you for giving up your time guys. Gained a lot personally
- Thank you very much!!
- Very useful. Looking at things in a different way. Learning through experience and reflection
- Very practical, engaging and useful. Time well spent and I'll take a lot with me
- A wise man can see more from the bottom of a well than a fool can from a mountain top. Thank you for giving us your wisdom.